

LIVEWELL@SCHOOL FOOD INITIATIVE

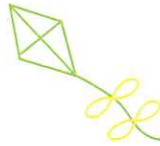
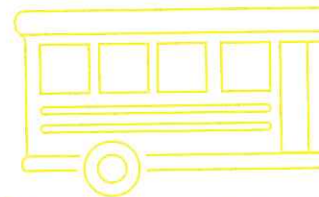
A FRONT-BURNER PRIORITY

# HEALTHY FOOD

*for the*  
LUNCH TRAY



LiveWell<sup>™</sup>  
@SCHOOL  
Food Initiative



# HOP BOOK TIR

work of food service  
and their staffs is the  
ingredient in getting  
children to eat healthier.  
You are the true  
heroes of Colorado kids!  
LiveWell Colorado is  
working with school districts to  
fill their lunch trays with  
fruits, low-salt sides and  
meals free of preservatives,  
artificial chemicals.

LiveWell  
@SCHOOL  
Food Initiative

Program is FREE.

Investment is  
every other than  
time to create  
positive change. ”

## YOUR OWN RECIPE

### A CUSTOMIZED PROGRAM FOR EVERY DISTRICT

The LiveWell@School Food Initiative works in partnership with school districts to serve up freshly prepared meals that taste good and are good for students. By participating in this process, **Colorado school districts are putting fresh ingredients and fun cooking back on the line** to fortify students for math class, language lab and afternoon gym. Plus, it's free! Our program is generously supported by a transformational leadership gift of \$1 million from Rob Katz, CEO of Vail Resorts, Inc., and his wife, Elana Amsterdam. No investment is necessary other than a desire to create positive change.

### HERE'S HOW THE INITIATIVE WORKS

#### 1 School Meal Assessment

Conducted by LiveWell Colorado or by the school district itself, the assessment examines everything from equipment inventories and food preparation processes to procurement and staffing patterns. We work together to identify strengths, areas of opportunity and challenges.

#### 2 Customized Plan

With data from the assessment, a customized, strategic plan and implementation timeline is designed. LiveWell Colorado works closely with school food service directors and their staffs to devise a plan that accommodates each program's needs and realities. Understanding that change doesn't happen overnight, the plan allows plenty of time for a step-by-step transition to new processes. Think of it as a recipe with each ingredient identified and each process clearly outlined.

#### 3 Culinary Workshop

During a customized two-day culinary workshop, a professionally trained chef consultant works side-by-side with kitchen staff. More than 20 culinary topics from time management to recipe reading are covered. Participants hone their knife skills, master new equipment, brush up on food safety and learn how to plan menus that stretch the food dollar and minimize waste. Workshops are conducted by a LiveWell Colorado chef consultant who is passionate about cooking, crazy about kids and delighted to share kitchen secrets.

#### 4 Onsite Consultation

After the workshops are completed and the transition to fresh cooking is in process, LiveWell Colorado offers onsite chef consultant services. Our chef consultants schedule periodic visits to help food service directors solve problems and implement their strategic plans. Just as important, LiveWell Colorado provides continuing support, including a program evaluation that assesses impact, highlights successes and identifies challenges. To supplement onsite visits, ongoing online consultations are also available should a question or problem arise.



## RESULTS ARE IN

Participation in the LiveWell@School Food Initiative helps fight obesity in many areas.

### Montrose County School District 50 FRESH FOODS SERVED



### Greeley School District SALAD BARS



### Adams 14 School District BREAKFAST REVENUE



**Join your colleagues**

**across Colorado in  
championing change  
for our children.**

## BE A LUNCHROOM HERO AND HELP BATTLE OBESITY

Nearly 40 percent of children's diets in the U.S. come from added sugars and unhealthy fats. **In Colorado, nearly a quarter of our children are overweight or obese.** And we have the second-fastest-growing childhood obesity rate in the country. That's why we must act now. You can join your colleagues from across Colorado in championing change for our children through the LiveWell@School Food Initiative.

## NOW SERVING

### HEALTHY CHOICES FOR COLORADO CHILDREN

Since 2010, more than 60 school districts from all over Colorado have participated in the LiveWell@School Food Initiative. This new approach to cooking has brought pride and the joy of cooking to school cafeteria staff. And you don't have to break the budget. In fact, at least one school district has traded red ink for black. Best of all, scratch cooking has introduced children to new foods and new healthy eating habits. **With help from food service directors and their staffs, lunchtime is a vital part of the school day** where kids enjoy fresh, healthy food just the way it should be.

## JOIN US AT THE TABLE

So, let's take another look at those lunch trays. **With your hands and our help, we can reinvent the school lunch with healthy, fresh food.** Best of all, you're making a big difference. You're joining your colleagues across the nation in helping kids make healthy choices today and in the future. So, please call Venita Currie, Program Director, to learn more about the LiveWell@School Food Initiative. And remember, those developing brains and growing young bodies are counting on you!

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### ABOUT LIVEWELL COLORADO

LiveWell Colorado is a nonprofit organization committed to preventing and reducing obesity in Colorado by promoting healthy eating and active living. Working in partnership with obesity prevention efforts across the state, **LiveWell Colorado aims to provide every Coloradan with access to healthy foods and opportunities for physical activity** in the places they live, work, learn and play. LiveWell Colorado launched the LiveWell@School Food Initiative in 2010 with funding and support from the Colorado Health Foundation to help address Colorado's growing childhood obesity epidemic.

Follow us on the web at [www.livewellcolorado.org](http://www.livewellcolorado.org), connect with us on Facebook [LiveWellColo](https://www.facebook.com/LiveWellColo) and track us on Twitter [@livewellco](https://twitter.com/livewellco).



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